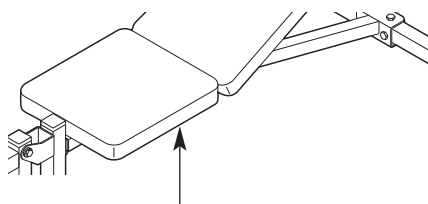




Model No. 150722

Serial No. \_\_\_\_\_

Write the serial number in the space above for future reference.



Serial Number Decal (Under Seat)

## QUESTIONS?

As a manufacturer, we are committed to providing complete customer satisfaction. If you have questions, or if there are missing or damaged parts, we will guarantee complete satisfaction through direct assistance from our factory.

**TO AVOID DELAYS, PLEASE CALL DIRECT TO OUR TOLL-FREE CUSTOMER HOT LINE.**  
The trained technicians on our customer hot line will provide immediate assistance, free of charge.

**CUSTOMER HOT LINE:**

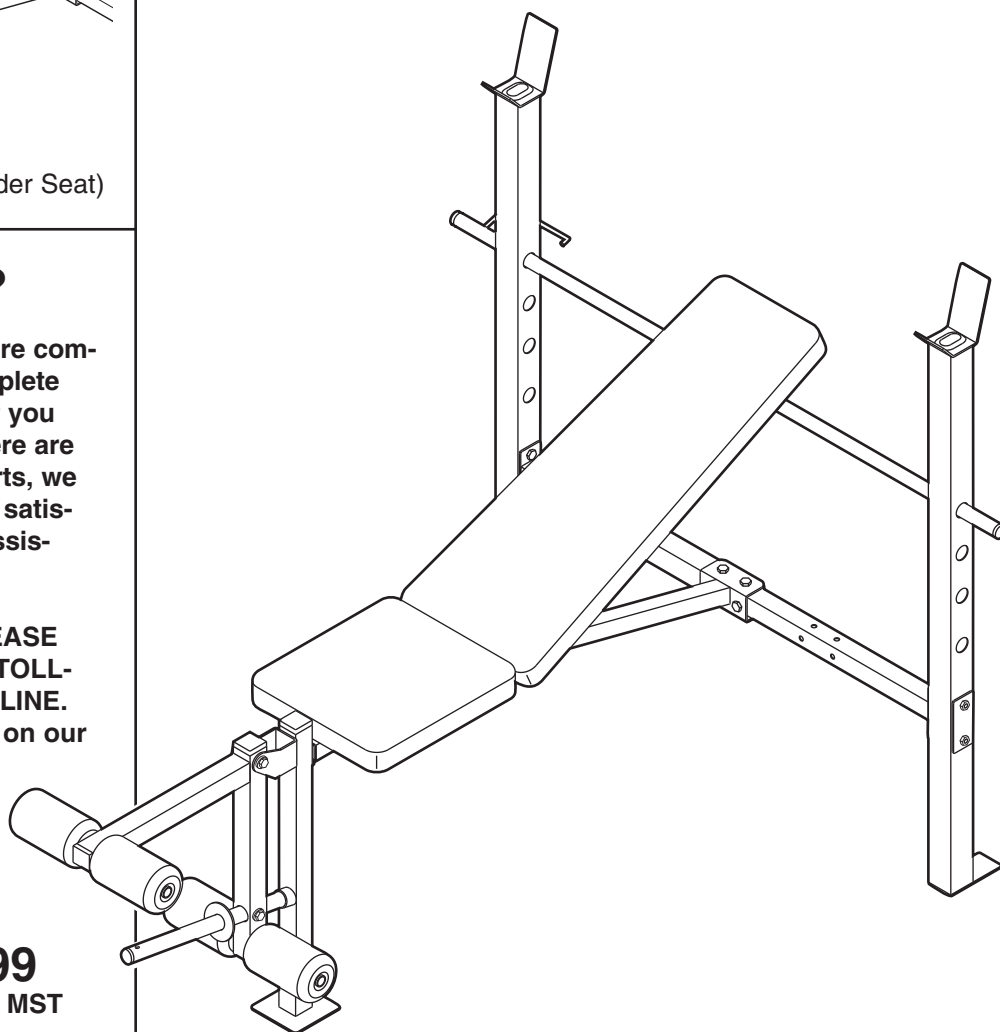
**1-877-992-5999**

Mon.-Fri., 6 a.m.-6 p.m. MST

## ⚠ CAUTION

Read all precautions and instructions in this manual before using this equipment. Save this manual for future reference.

## USER'S MANUAL



Visit our website at

**[www.weiderfitness.com](http://www.weiderfitness.com)**

*new products, prizes,  
fitness tips, and much more!*

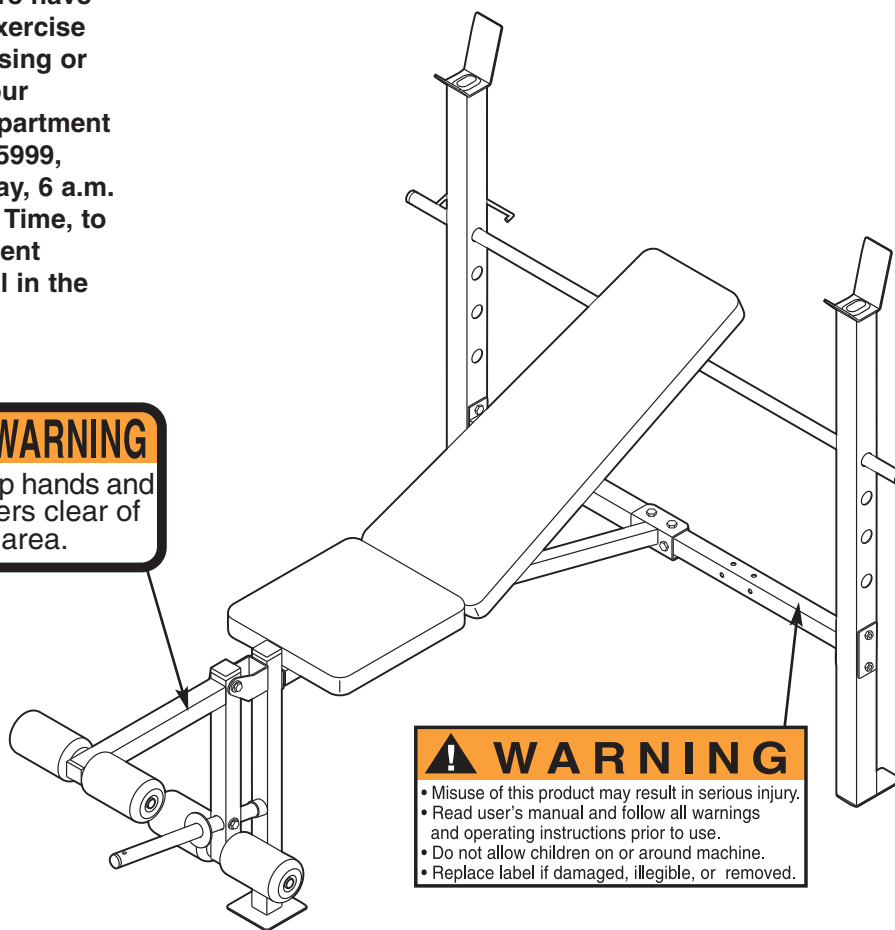
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Note: A PART IDENTIFICATION CHART and a PART LIST/EXPLODED DRAWING are attached in the center of this manual. Remove the PART IDENTIFICATION CHART and PART LIST/EXPLODED DRAWING before beginning assembly.

## WARNING DECAL PLACEMENT

The decals shown here have been placed on the exercise rack. If a decal is missing or illegible, please call our Customer Service Department toll-free at 1-877-992-5999, Monday through Friday, 6 a.m. until 6 p.m. Mountain Time, to order a free replacement decal. Apply the decal in the location shown.



# IMPORTANT PRECAUTIONS

**⚠ WARNING:** To reduce the risk of serious injury, read the following important precautions before using the weight bench.

1. Read all instructions in this manual before using the weight bench. Use the weight bench only as described in this manual.
2. It is the responsibility of the owner to ensure that all users of the weight bench are adequately informed of all precautions.
3. The weight bench is intended for home use only. Do not use the weight bench in any commercial, rental, or institutional setting.
4. Use the weight bench only on a level surface. Cover the floor beneath the weight bench to protect the floor.
5. Keep the weight bench indoors, away from moisture and dust. Do not put the weight bench in a garage or covered patio, or near water.
6. Make sure all parts are properly tightened each time the weight bench is used. Replace any worn parts immediately.
7. Keep children under 12 and pets away from the weight bench at all times.
8. Always make sure there is an equal amount of weight on each side of your barbell when you are using it. When adding or removing weights, always keep some weight on both ends of the barbell to prevent the barbell from tipping. Note: The weight bench does not include weights or a barbell.
9. Always exercise with a partner. When you are performing bench press exercises, your partner should stand behind you to catch the barbell if you cannot complete a repetition.
10. When using the backrest in an inclined position, make sure that the support rod is inserted completely through both uprights, and that the support rod is turned to the locked position.
11. Do not use a barbell that is longer than six feet with the weight bench.
12. The weight bench is designed to support a maximum of 460 pounds, including the user, a weight bar, and weights. Do not place more than 210 pounds, including a weight bar and weights, on the weight rests. Do not place more than 130 pounds on the leg lever.
13. When you are using the leg lever, place a barbell with the same amount of weight on the weight rests to balance the bench.
14. Keep hands and feet away from moving parts. Always wear athletic shoes for foot protection while exercising.
15. If you feel pain or dizziness while exercising, stop immediately and begin cooling down.

**⚠ WARNING:** Before beginning this or any exercise program, consult your physician. This is especially important for persons over the age of 35 or persons with pre-existing health problems. Read all instructions before using. ICON assumes no responsibility for personal injury or property damage sustained by or through the use of this product.

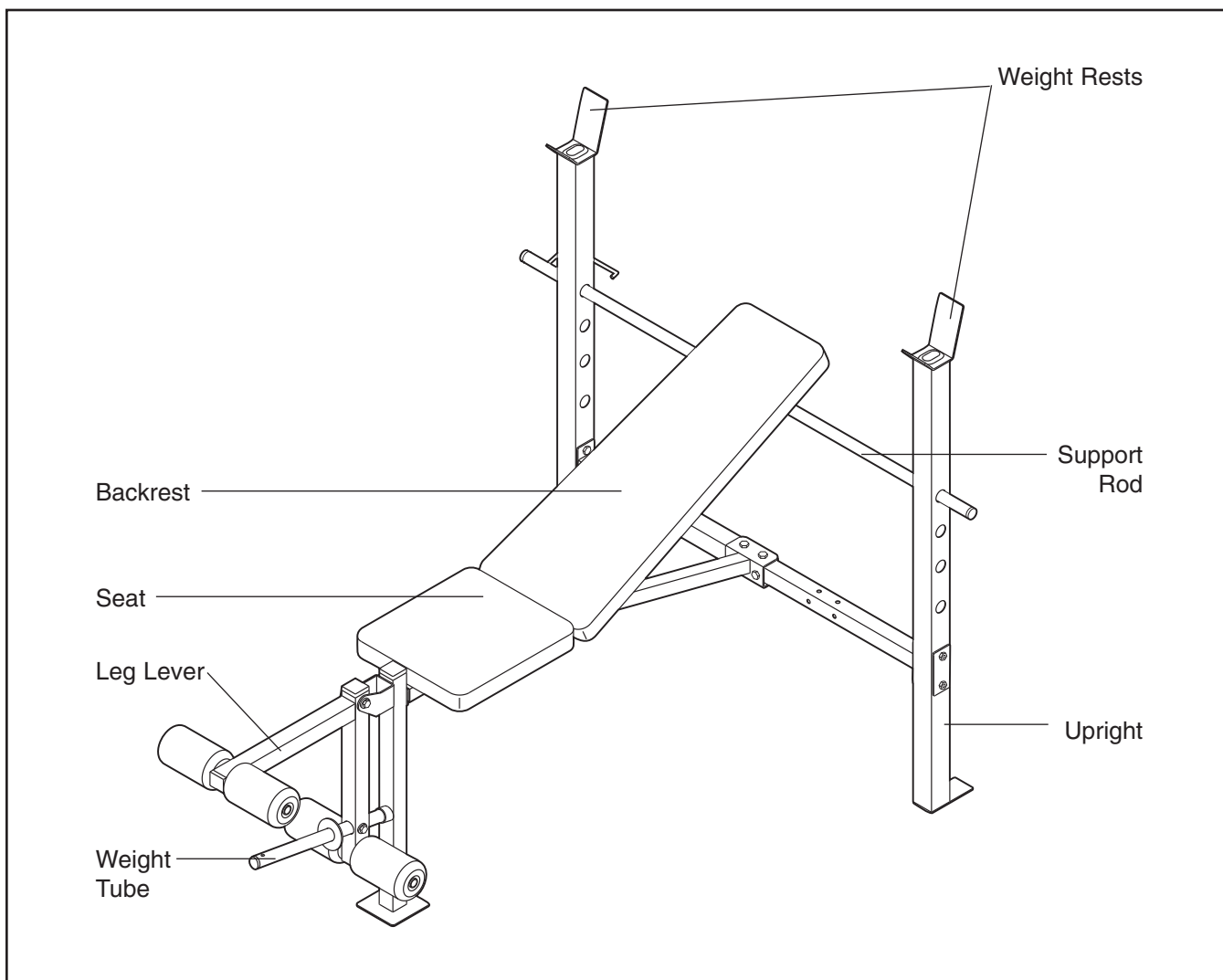
# BEFORE YOU BEGIN

Thank you for selecting the WEIDER® 400 weight bench. The versatile weight bench is designed to be used with your own weight set (not included) to develop every major muscle group of the body. Whether your goal is a shapely figure, dramatic muscle size and strength, or a healthier cardiovascular system, the weight bench will help you to achieve the specific results you want.

**For your benefit, read this manual carefully before using the weight bench.** If you have additional questions, please call our Customer Service Department toll-

free at 1-886-997-6999, Monday through Friday, 6 a.m. until 6 p.m. Mountain Time (excluding holidays). To help us assist you, please note the product model number and serial number before calling. The model number is 150721. The serial number can be found on a decal attached to the weight bench (see the front cover of this manual).

Before reading further, please look at the drawing below and familiarize yourself with the parts that are labeled.



# ASSEMBLY

## Make Things Easier for Yourself





Everything in this manual is designed to ensure that the weight bench can be assembled successfully by anyone. However, it is important to realize that the versatile weight bench has many parts and that the assembly process will take time. Most people find that by setting aside plenty of time, assembly will go smoothly.

**Before beginning assembly, carefully read the following information and instructions:**

- Assembly requires two people.
- Place all parts in a cleared area and remove the packing materials. Do not dispose of the packing materials until assembly is completed.
- Tighten all parts as you assemble them, unless instructed to do otherwise.

- As you assemble the weight bench, make sure all parts are oriented as shown in the drawings.
- For help identifying small parts, use the PART IDENTIFICATION CHART.

**The following tools (not included) are required for assembly:**

- **Two adjustable wrenches** 
- **One rubber mallet** 
- **One standard screwdriver** 
- **One Phillips screwdriver** 
- **Lubricant, such as grease or petroleum jelly, and soapy water.**

Assembly will be more convenient if you have a socket set, a set of open-end or closed-end wrenches, or a set of ratchet wrenches.

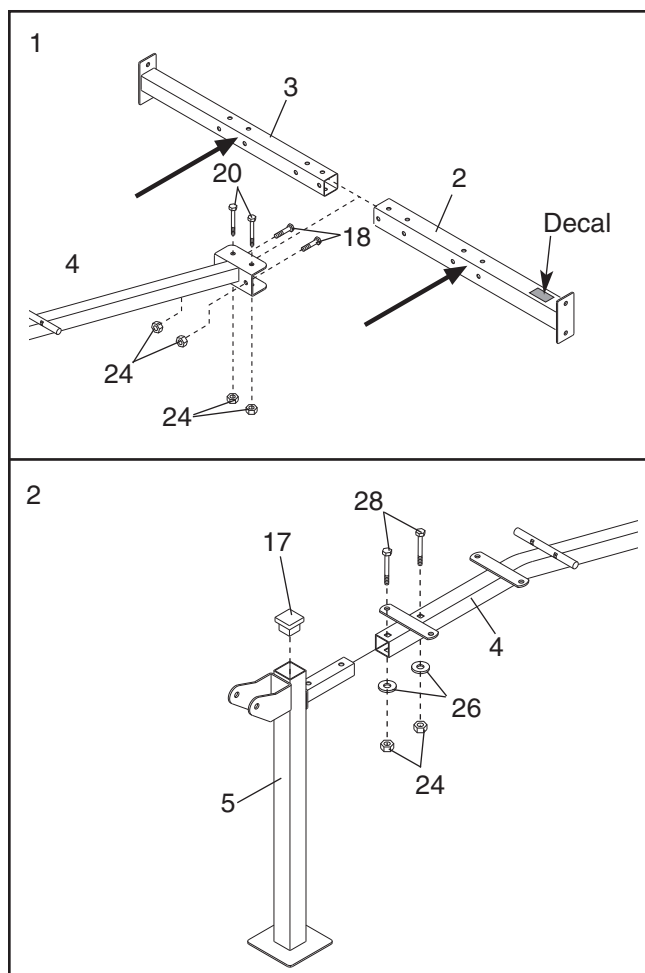
1. **Before assembling this product, make sure that you have read and understand the information in the box above.**

Slide the Right Crossbar (3) into the Left Crossbar (2), with the decal on top. **Note: the crossbar can be adjusted for use with either a standard barbell or a mid-width barbell. For a standard barbell, align the set of holes indicated by the arrows. For a mid-width barbell, align the holes on the ends of the Crossbars.**

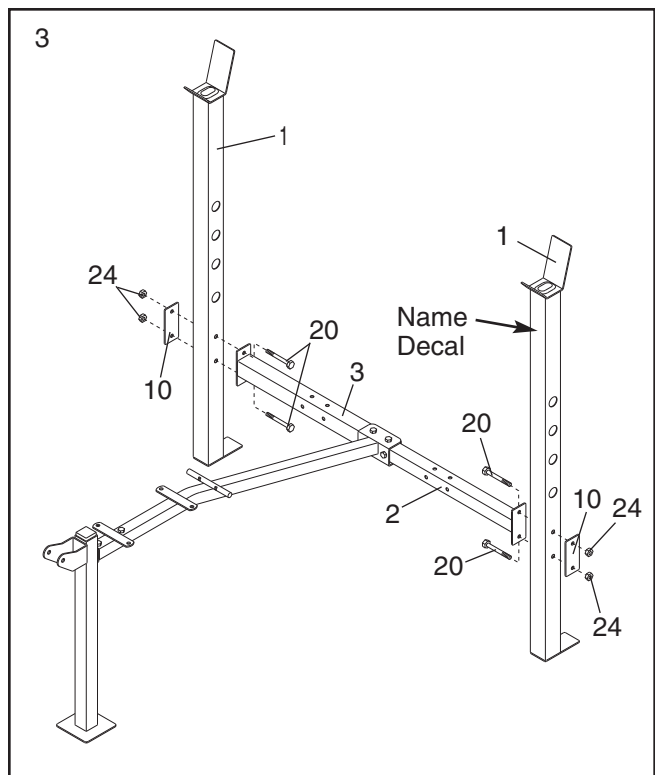
Attach the Frame (4) to the Crossbars (2, 3) with two M8 x 65mm Bolts (20), two M8 x 55mm Bolts (18), and four M8 Nylon Locknuts (24). **Note: The Bolts should fit inside of the holes in the Left Crossbar (2). Do not tighten the Locknuts yet.**

2. Insert a 38mm Square Inner Cap (17) into the Front Leg (5).

Slide the welded tube on the Front Leg (5) into the Frame (4). Secure the Front Leg with two M8 x 40mm Carriage Bolts (28), two M8 Washers (26), and two M8 Nylon Locknuts (24). **Do not tighten the Locknuts yet.**



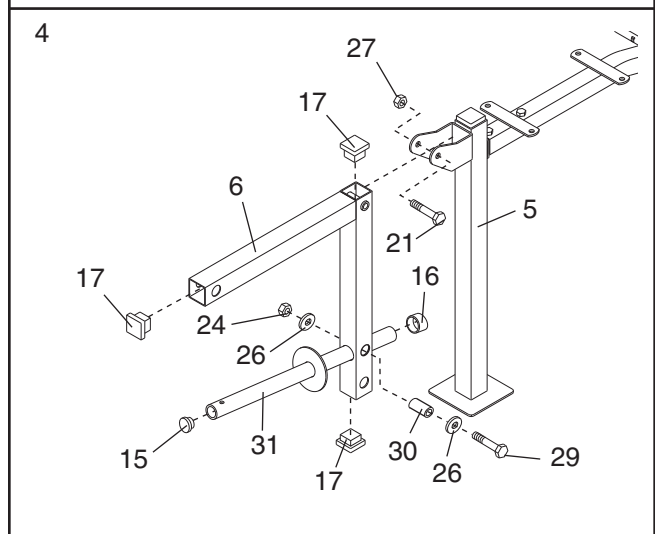
3. Attach the Crossbars (2, 3) to the Uprights (1) with four M8 x 65mm Bolts (20), two Support Plates (10), and four M8 Nylon Locknuts (24). **Do not tighten the Locknuts yet. Note the position of the name decal and make sure the Uprights are oriented as shown.**



4. Press a 25.4mm Round Inner Cap (15) into the indicated end of the Weight Tube (31). Slide the Weight Tube through the hole in the Leg Lever (6). Attach the Weight Tube with an M8 x 50mm Bolt (29), two M8 Washers (26), a Sleeve (30), and an M8 Nylon Locknut (24). Press a 25.4mm Angle Cap (16) onto the other end of the weight tube.

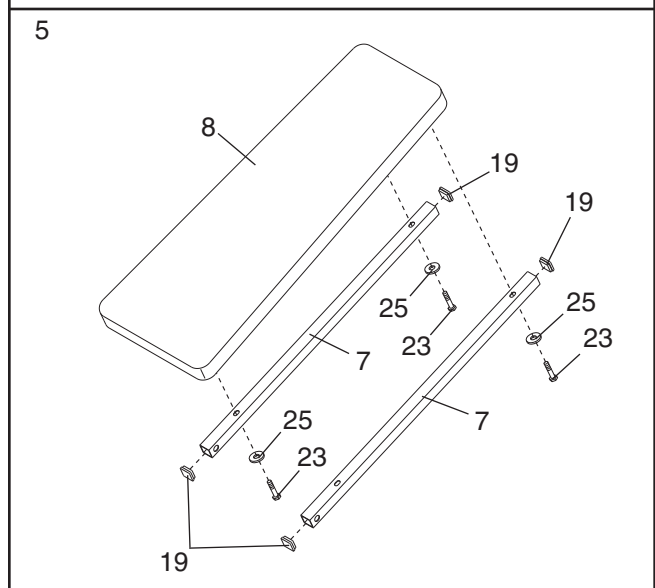
Tap three 38mm Square Inner Caps (17) into the Leg Lever (6) as shown.

Lubricate the M10 x 60mm Bolt (21). Attach the Leg Lever (6) to the Front Leg (5) with the Bolt and an M10 Nylon Locknut (27). **Do not overtighten the Locknut; the Leg Lever must be able to pivot freely.**



5. Press four 25.4mm Square Inner Caps (19) into the Backrest Tubes (7).

Attach the Backrest Tubes (7) to the Backrest (8) in the indicated locations, with three M6 x 38mm Screws (23) and three M6 Washers (25). **Do not tighten the Screws yet.**



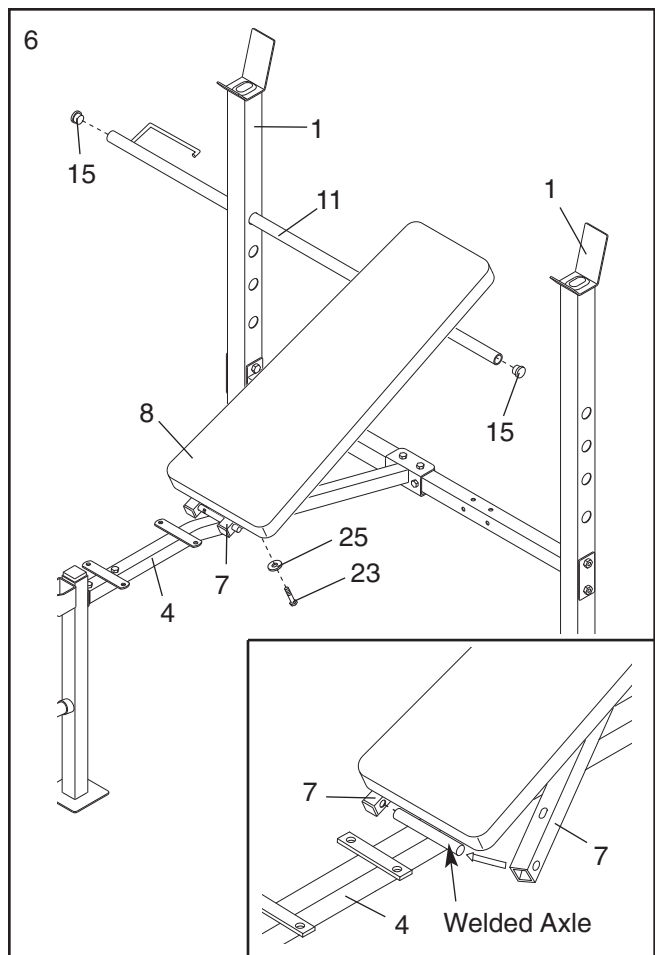
6. Press two 25.4mm Inner Caps (15) into the ends of the Support Rod (11). Slide the Support Rod through a set of holes in the Uprights (1) and turn it to the locked position.

**See the inset drawing.** With the help of a second person, slide the indicated ends of the Backrest Tubes (7) onto the welded axle on the Frame (4).

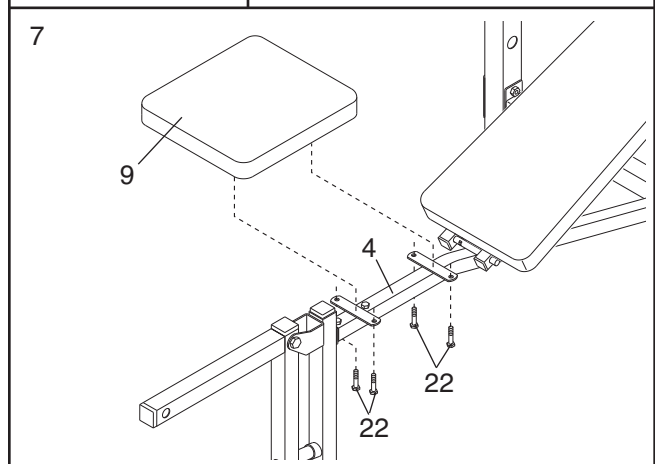
Attach the left Backrest Tube (7) to the Backrest (8) with a fourth M6 x 38mm Screw (23) and M6 Washer (25). Tighten all four Screws in the Backrest.

Rest the Backrest (8) on the Support Rod (11).

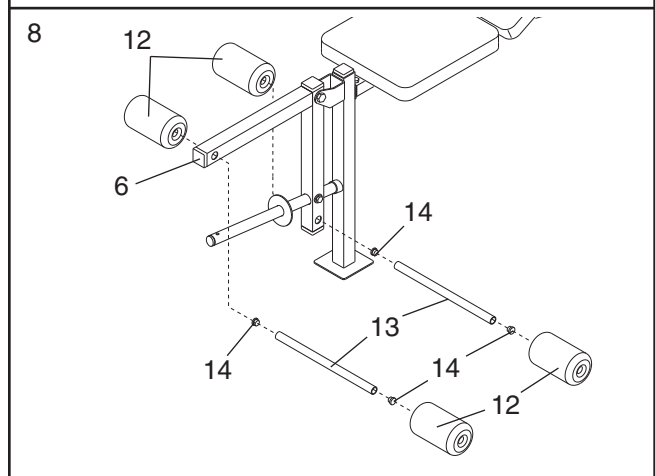
**Tighten the M8 Nylon Locknuts (24) used in steps 1–3.**



7. Attach the Seat (9) to the brackets on the Frame (4) with four M6 x 16mm Screws (22).



8. Press two 19mm Round Inner Caps (14) into each Pad Tube (13). Slide the Pad Tubes through the holes in the Leg Lever (6). Slide a Foam Pad (12) onto each side of each Pad Tube.



9. **Make sure that all parts are properly tightened before you use the weight bench.** The use of all remaining parts will be explained in ADJUSTMENTS, beginning on the next page.

# ADJUSTMENTS

The weight bench is designed to be used with your own weight set (not included). The steps below explain how the weight bench can be adjusted. See EXERCISE GUIDELINES on page 9 for important exercise information and refer to the accompanying exercise guide to see the correct form for several exercises. Refer also to the exercise information accompanying your weight set (not included) for additional exercises.

Inspect and tighten all parts each time the weight bench is used. Replace any worn parts immediately. The weight bench can be cleaned with a damp cloth and a mild, non-abrasive detergent. Do not use solvents.

## ADJUSTING THE BACKREST

The Backrest (8) can be used in a decline position, three incline positions, or a flat position. To use the Backrest in the decline position, remove the Support Rod (11) and lay the Backrest on the Crossbar (2).

To use the Backrest (8) in an incline position, lift the Backrest and insert the end of the Support Rod (11) without the locking clip through one of the top three sets of holes in the Uprights (1). Rotate the locking clip into place around the Upright.

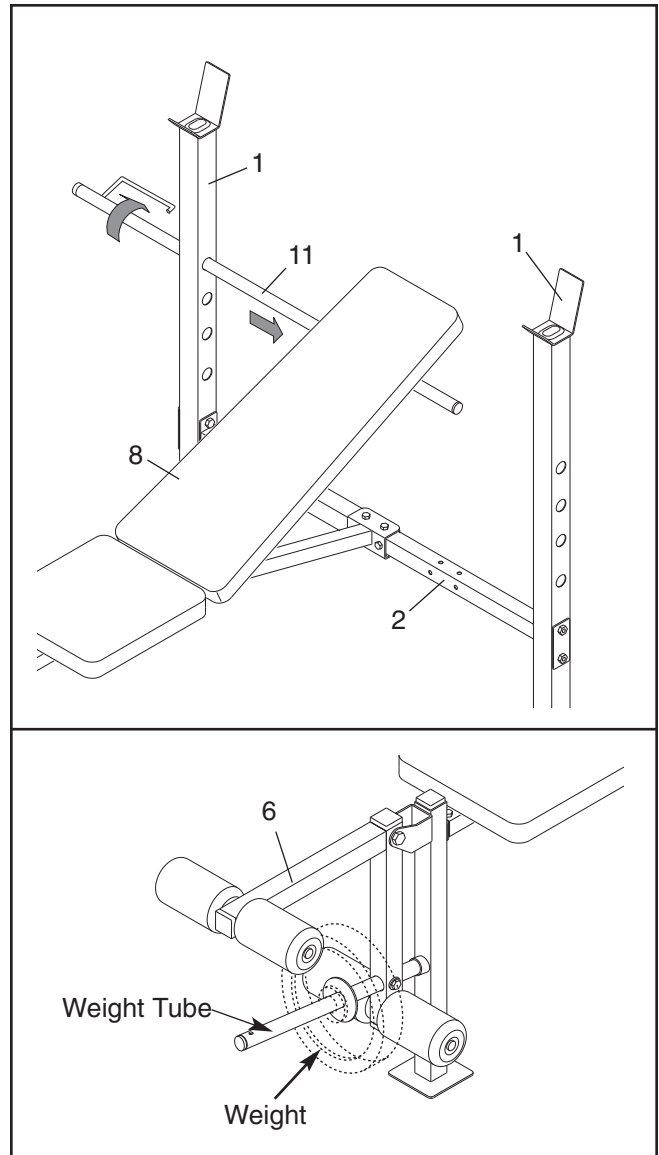
To use the Backrest (8) in the flat position, lift the Backrest and insert the end of the Support Rod (11) without the locking clip through the bottom set of holes in the Uprights (1). Rotate the locking clip into place around the Upright.

**⚠ WARNING:** When using the Backrest (8) in an incline or level position, make sure that the Support Rod (11) is inserted completely through both Uprights (1) and is turned to the locked position.

## ATTACHING WEIGHTS

To use the Leg Lever (6), slide the desired weights (not included) onto the weight tube.

**⚠ WARNING:** Do not place more than 50 pounds on the Leg Lever (6).





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# EXERCISE GUIDELINES

## THE FOUR BASIC TYPES OF WORKOUTS

### Muscle Building

To increase the size and strength of your muscles, push them close to their maximum capacity. Your muscles will continually adapt and grow as you progressively increase the intensity of your exercise. You can adjust the intensity level of an individual exercise in two ways:

- by changing the amount of weight used
- by changing the number of repetitions or sets performed. (A “repetition” is one complete cycle of an exercise, such as one sit-up. A “set” is a series of repetitions.)

The proper amount of weight for each exercise depends upon the individual user. You must gauge your limits and select the amount of weight that is right for you. Begin with 3 sets of 8 repetitions for each exercise you perform. Rest for 3 minutes after each set. When you can complete 3 sets of 12 repetitions without difficulty, increase the amount of weight.

### Toning

You can tone your muscles by pushing them to a moderate percentage of their capacity. Select a moderate amount of weight and increase the number of repetitions in each set. Complete as many sets of 15 to 20 repetitions as possible without discomfort. Rest for 1 minute after each set. Work your muscles by completing more sets rather than by using high amounts of weight.

### Weight Loss

To lose weight, use a low amount of weight and increase the number of repetitions in each set. Exercise for 20 to 30 minutes, resting for a maximum of 30 seconds between sets.

### Cross Training

Cross training is an efficient way to get a complete and well-balanced fitness program. An example of a balanced program is:

- Plan strength training workouts on Monday, Wednesday, and Friday.
- Plan 20 to 30 minutes of aerobic exercise, such as running on a treadmill or riding on an elliptical or exercise bike, on Tuesday and Thursday.
- Rest from both strength training and aerobic exercise for at least one full day each week to give your body time to regenerate.

The combination of strength training and aerobic exercise will reshape and strengthen your body, plus develop your heart and lungs.

## PERSONALIZING YOUR EXERCISE PROGRAM

Determining the exact length of time for each workout, as well as the number of repetitions or sets completed, is an individual matter. It is important to avoid overdoing it during the first few months of your exercise program. You should progress at your own pace and be sensitive to your body's signals. If you experience pain or dizziness at any time while exercising, stop immediately and begin cooling down. Find out what is wrong before continuing. Remember that adequate rest and a proper diet are important factors in any exercise program.

### WARMING UP

Begin each workout with 5 to 10 minutes of stretching and light exercise to warm up. Warming up prepares your body for more strenuous exercise by increasing circulation, raising your body temperature and delivering more oxygen to your muscles.

### WORKING OUT

Each workout should include 6 to 10 different exercises. Select exercises for every major muscle group, emphasizing areas that you want to develop most. To give balance and variety to your workouts, vary the exercises from session to session.

Schedule your workouts for the time of day when your energy level is the highest. Each workout should be followed by at least one day of rest. Once you find the schedule that is right for you, stick with it.

### EXERCISE FORM

Maintaining proper form is an essential part of an effective exercise program. This requires moving through the full range of motion for each exercise, and moving only the appropriate parts of the body. Exercising in an uncontrolled manner will leave you feeling exhausted. On the exercise guide accompanying this manual you will find photographs showing the correct form for several exercises, and a list of the muscles affected. Refer to the muscle chart on the next page to find the names of the muscles.

The repetitions in each set should be performed smoothly and without pausing. The exertion stage of each repetition should last about half as long as the return stage. Proper breathing is important. Exhale during the exertion stage of each repetition and inhale during the return stroke. Never hold your breath.

Rest for a short period of time after each set. The ideal resting periods are:

- Rest for three minutes after each set for a muscle building workout.
- Rest for one minute after each set for a toning workout.
- Rest for 30 seconds after each set for a weight loss workout.

Plan to spend the first couple of weeks familiarizing yourself with the equipment and learning the proper form for each exercise.

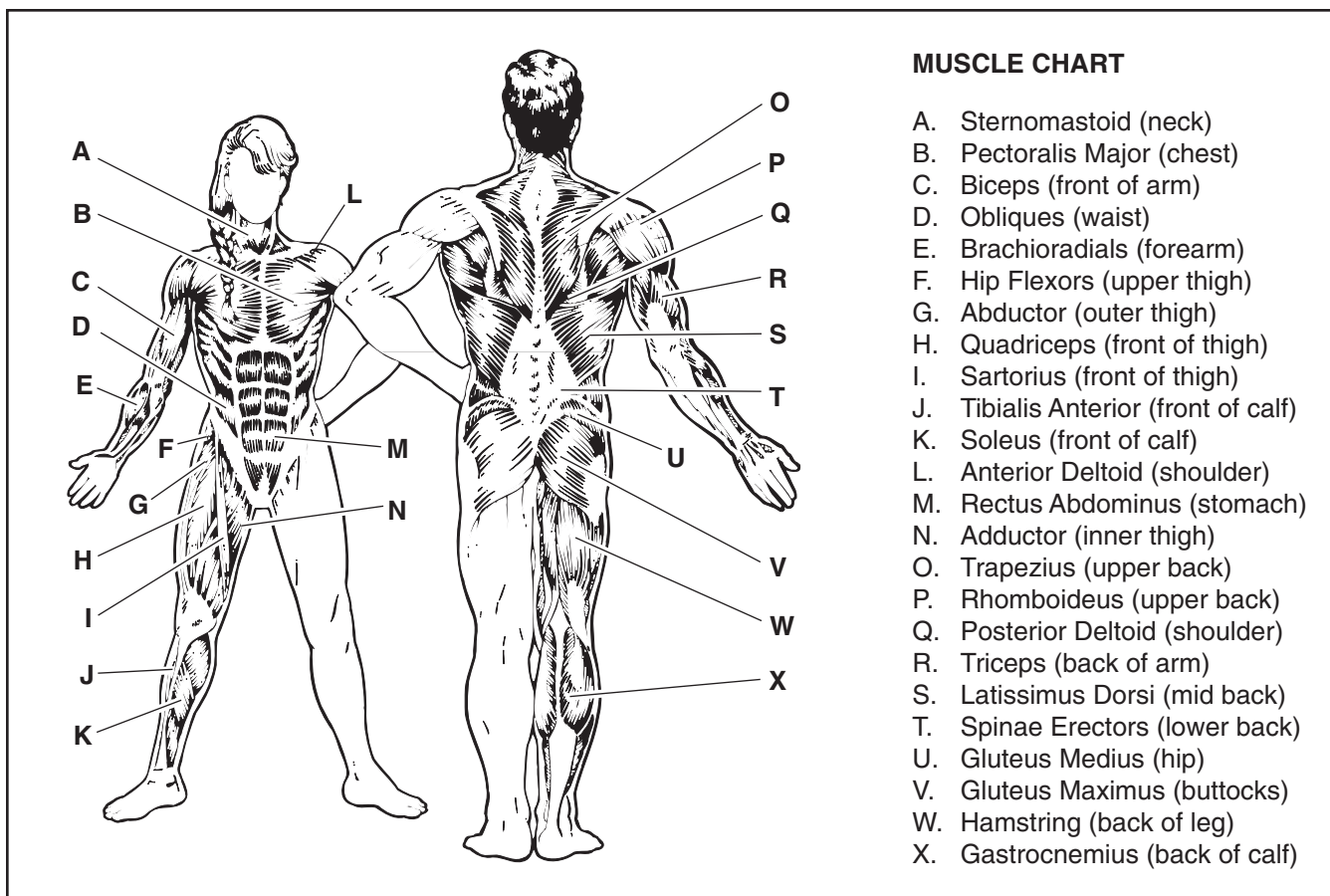
## COOLING DOWN

End each workout with 5 to 10 minutes of stretching. Include stretches for both your arms and legs. Move

slowly as you stretch and do not bounce. Ease into each stretch gradually and go only as far as you can without strain. Stretching at the end of each workout is an effective way to increase flexibility.

## STAYING MOTIVATED

For motivation, keep a record of each workout. The chart on page 11 of this manual can be photocopied and used to schedule and record your workouts. List the date, the exercises performed, the weight used, and the numbers of sets and repetitions completed. Record your weight and key body measurements at the end of every month. Remember, the key to achieving the greatest results is to make exercise a regular and enjoyable part of your everyday life.



## MUSCLE CHART

- A. Sternomastoid (neck)
- B. Pectoralis Major (chest)
- C. Biceps (front of arm)
- D. Obliques (waist)
- E. Brachioradialis (forearm)
- F. Hip Flexors (upper thigh)
- G. Abductor (outer thigh)
- H. Quadriceps (front of thigh)
- I. Sartorius (front of thigh)
- J. Tibialis Anterior (front of calf)
- K. Soleus (front of calf)
- L. Anterior Deltoid (shoulder)
- M. Rectus Abdominus (stomach)
- N. Adductor (inner thigh)
- O. Trapezius (upper back)
- P. Rhomboideus (upper back)
- Q. Posterior Deltoid (shoulder)
- R. Triceps (back of arm)
- S. Latissimus Dorsi (mid back)
- T. Spinae Erectors (lower back)
- U. Gluteus Medius (hip)
- V. Gluteus Maximus (buttocks)
- W. Hamstring (back of leg)
- X. Gastrocnemius (back of calf)

<b>MONDAY</b>	<b>EXERCISE</b>	<b>WEIGHT</b>	<b>SETS</b>	<b>REPS</b>
Date: / /				

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**TUESDAY      AEROBIC EXERCISE**

Date: / /

<b>WEDNESDAY</b>	<b>EXERCISE</b>	<b>WEIGHT</b>	<b>SETS</b>	<b>REPS</b>
Date: / /				

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**THURSDAY      AEROBIC EXERCISE**

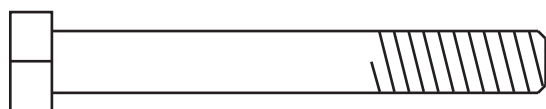
Date: / /

<b>FRIDAY</b>	<b>EXERCISE</b>	<b>WEIGHT</b>	<b>SETS</b>	<b>REPS</b>
Date: / /				

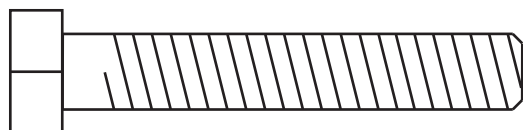
Make photocopies of this page for scheduling and recording your workouts.

# PART IDENTIFICATION CHART

This chart is provided to help you identify the small parts used in assembly. The number in parenthesis below each part refers to the key number of the part from the PART LIST in the center of this manual. **Important:** Some parts may have been pre-assembled for shipping purposes. If you cannot find a part in the parts bags, check to see if it has been pre-assembled.



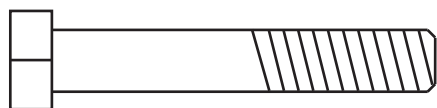
M8 x 65mm Bolt (20)



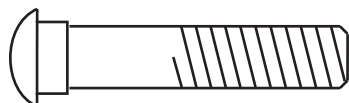
M10 x 60mm Bolt (21)



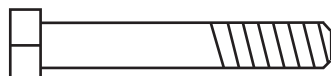
M8 x 55mm Bolt (18)



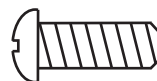
M8 x 50mm Bolt (29)



M8 x 40mm Carriage Bolt (28)



M6 x 38mm Screw (23)



M6 x 16mm Screw (22)



M10 Nylon Locknut (27)



M8 Nylon Locknut (24)



M6 Washer (25)



M8 Washer (26)

# PART LIST—Model No. 150722

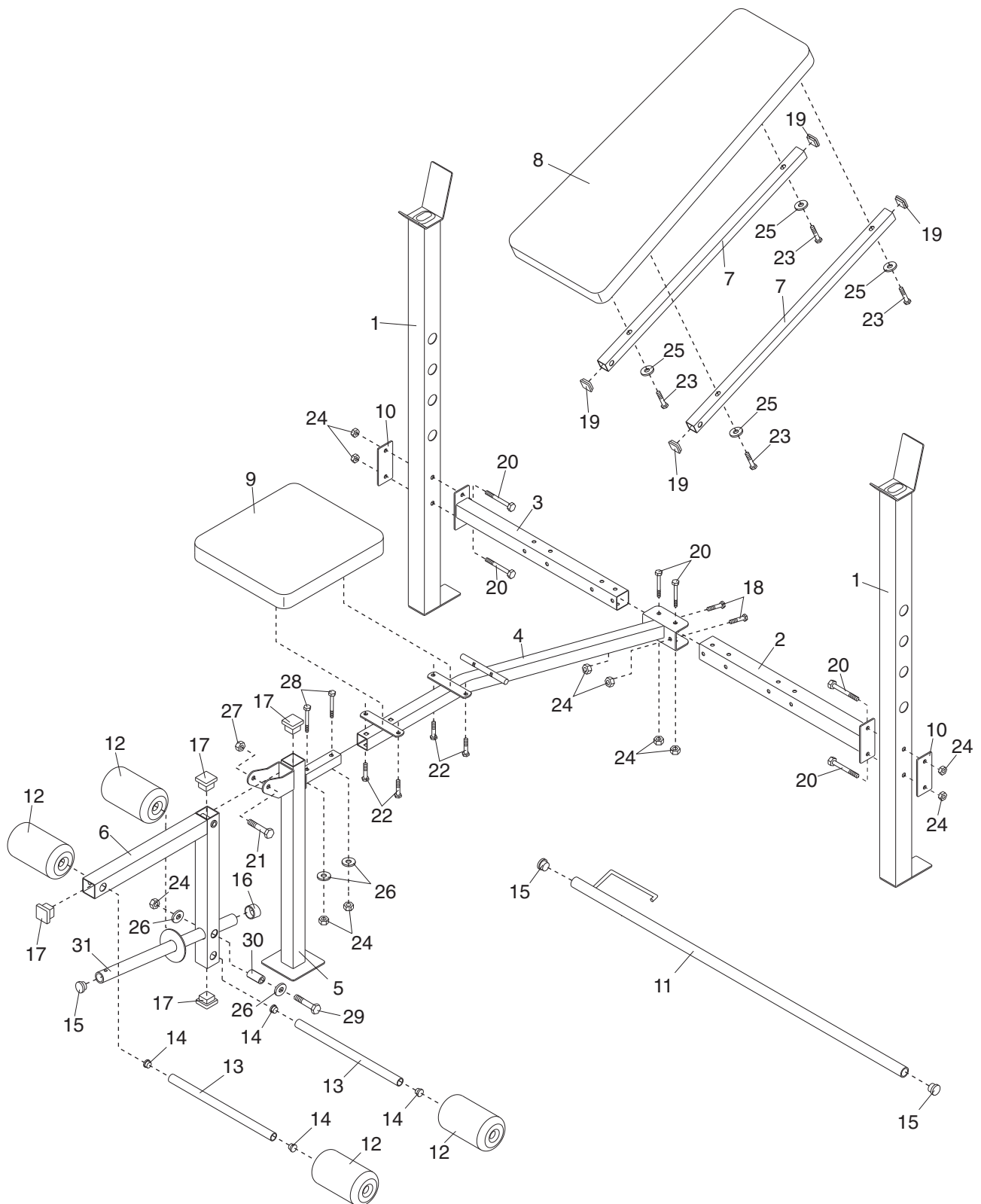
R1004A

Key No.	Qty.	Description	Key No.	Qty.	Description
1	2	Upright	18	2	M8 x 55mm Bolt
2	1	Left Crossbar	19	4	25.4mm Square Inner Cap
3	1	Right Crossbar	20	6	M8 x 65mm Bolt
4	1	Frame	21	1	M10 x 60mm Bolt
5	1	Front Leg	22	4	M6 x 16mm Screw
6	1	Leg Lever	23	4	M6 x 38mm Screw
7	2	Backrest Tube	24	11	M8 Nylon Locknut
8	1	Backrest	25	4	M6 Washer
9	1	Seat	26	4	M8 Washer
10	2	Support Plate	27	1	M10 Nylon Locknut
11	1	Support Rod	28	2	M8 x 40mm Carriage Bolt
12	4	Foam Pad	29	1	M8 x 50mm Bolt
13	2	Pad Tube	30	1	Sleeve
14	4	19mm Round Inner Cap	31	1	Weight Tube
15	3	25.4mm Round Inner Cap	#	1	User's Manual
16	1	25.4mm Angle Cap	#	1	Exercise Guide
17	4	38mm Square Inner Cap			

“#” Indicates a non-illustrated part. Specifications are subject to change without notice. See the back cover of this manual for information on ordering replacement parts.

# EXPLODED DRAWING—Model No. 150722

R1004A



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# ORDERING REPLACEMENT PARTS

To order replacement parts, simply call our Customer Service Department toll-free at 1-877-992-5999, Monday through Friday, 6 a.m. until 6 p.m. Mountain Time (excluding holidays). To help us assist you, please be prepared to give the following information:

1. The MODEL NUMBER of the product (150722)
2. The NAME of the product (WEIDER® 400 weight bench)
3. The SERIAL NUMBER of the product (see the front cover of this manual)
4. The KEY NUMBER and DESCRIPTION of the part(s) (see the PART LIST and EXPLODED DRAWING at the center of this manual)

## LIMITED WARRANTY

ICON Health & Fitness, Inc. (ICON), warrants this product to be free from defects in workmanship and material, under normal use and service conditions, for a period of ninety (90) days from the date of purchase. This warranty extends only to the original purchaser. ICON's obligation under this warranty is limited to replacing or repairing, at ICON's option, the product through one of its authorized service centers. All repairs for which warranty claims are made must be pre-authorized by ICON. This warranty does not extend to any product or damage to a product caused by or attributable to freight damage, abuse, misuse, improper or abnormal usage or repairs not provided by an ICON authorized service center; products used for commercial or rental purposes; or products used as store display models. No other warranty beyond that specifically set forth above is authorized by ICON.

ICON is not responsible or liable for indirect, special or consequential damages arising out of or in connection with the use or performance of the product or damages with respect to any economic loss, loss of property, loss of revenues or profits, loss of enjoyment or use, costs of removal or installation or other consequential damages of whatsoever nature. Some states do not allow the exclusion or limitation of incidental or consequential damages. Accordingly, the above limitation may not apply to you.

The warranty extended hereunder is in lieu of any and all other warranties and any implied warranties of merchantability or fitness for a particular purpose is limited in its scope and duration to the terms set forth herein. Some states do not allow limitations on how long an implied warranty lasts. Accordingly, the above limitation may not apply to you.

This warranty gives you specific legal rights. You may also have other rights which vary from state to state.

**ICON HEALTH & FITNESS, INC., 1500 S. 1000 W., LOGAN, UT 84321-9813**